**Anorexia Nervosa**

This is when a person does not want to keep to a normal, healthy weight.

It is caused by an intense fear of growing fat.

People who have anorexia think they are fat, even if they look like a skeleton.

People who have anorexia lose can lose weight in two ways:

1. By refusing to eat.
2. By eating lots and lots of food (binging) and then vomiting (purging) it up again.

Most people with anorexia are teenaged girls who become obsessed with looking attractive. They think slim people are attractive and want to look like supermodels in magazines.

